

the Gateway

The Gateway to Europe

Vol. 61, No. 17, Aug. 29, 2003, Rhein-Main AB, Germany

News Briefs

Promotion

Senior Airman Anna Rupp of Detachment 1, U. S. Air Forces in Europe Air Postal Squadron, was recently selected for promotion to staff sergeant.

Air Force Ball

The Kaiserslautern Military Community 2003 Air Force Ball takes place Sept. 13 at 6 p.m. at the Ramstein Officer's Club. Come celebrate 100 years of powered flight.

Ticket prices are as follows: \$7 for airmen, all WGs; GS-6 and below; \$10 for NCOs; \$17 for SNCO/CGO/GS 7-11 and \$20 for FGO and GS-12 and above.

For more information or for tickets see Tech. Sgt. Monica Adams.

Good to be back

By Chief Master Sgt. Gary G. Coleman
USAFE Command Chief Master Sergeant

RAMSTEIN AIR BASE, Germany (USAFENS) — Wow! I'm delighted to be back in the same airspace with, Gen. Robert H. "Doc" Foglesong to once again join him as his wingman and help him lead the men and women of USAFE to the next level. It's obvious in the magnificent effort we've witnessed over the past week that USAFE was very well led, organized and postured to meet the expeditionary challenges faced by our Air Force. Assuming the reins of such an awesome command is humbling, but we're up to the challenge.

I spent the past four years engaged

COMUSAFE, command chief focus on USAFE future

By Tech. Sgt. Mona Ferrell
USAFE News Service

RAMSTEIN AIR BASE, Germany (USAFENS) — Using teamwork and mutual respect as their foundation, U.S. Air Forces in Europe's newest commander and command chief master sergeant place people and customer service as top priorities within the command.

Taking the helm of one of the busiest major commands in the Air Force brings new challenges, but the basics of teamwork and taking care of our people remains at the root of mission success, said Gen. Robert H. "Doc" Foglesong, USAFE commander, and Chief Master Sgt. Gary G. Coleman, USAFE command chief master sergeant.

And USAFE's two key leaders, who've known each other since 1994, know the value of teamwork first hand.

"I've seen the general up close and personal, more so than any other person in the blue suit," said Coleman. "... We're sort of on the same frequency — our priorities are people and airplanes and our boss has an infatuation with both."

Working together at the 51st Fighter Wing, Osan Air Base, Korea, and more recently at 12th Air Force, Davis-Monthan Air Force Base, Tucson, Ariz., it became

clear to both Foglesong and Coleman that they see eye-to-eye on Air Force basics — taking care of our people and the mission.

"To tell you the truth, I'm not sure who picked who in this deal, which is a statement in itself of the respect we have for each other," Foglesong said. "At 12th Air Force, we went down the same path of worrying about the quality of living for our folks, as well as worrying about things important to the whole Air Force; education

opportunities for our people, worrying about services for our people and making sure customers in the command are well taken care of. I've found Gary to be very straight forward and forthcoming.

"My dad was an NCO in the U.S. Navy, so I have an incredible sense of what our NCO force does for our Air Force. I know the responsibility that we give our NCOs, and it's more than any other

nation in the world," said the general. "It's an incredible strength in our service that we have such dedicated non-commissioned officers.

"I need someone who can keep their hands on the pulse of what's going on with the young men and women we're asking to go in harm's way; someone who can honestly report back on issues bothering our



Photo by Master Sgt. Keith Reed

Gen. Robert H. "Doc" Foglesong, USAFE commander, and Chief Master Sgt. Gary G. Coleman, USAFE command chief master sergeant, view Ramstein Air Base, Germany's flightline and functional areas on the ramp recently.

See **BACK**, page 4

See **FUTURE**, page 4

Prevent periodontal disease

Follow these dental tips to ensure the health of teeth and gums

By Staff Sgt. Lisa Barron
Dental Clinic

According to *The Journal of the American Dental Association*, by the time people reach adulthood their teeth and gums have had quite a workout.

When gums are healthy, they fit snugly around the teeth. However, many adults develop some type of periodontal, or gum disease—an infection of the tissues that support their teeth.

People who smoke probably know about the link between tobacco and heart disease, stroke and cancer, as well as the side effects of bad breath and stained teeth.

What many people fail to realize is people who smoke or chew tobacco are more likely to have deposits of plaque and tartar on their teeth.

They are also more likely to suffer from gum disease, which is the leading cause of tooth loss.

Causes:

Gum disease is usually caused by plaque, a sticky film of bacteria that constantly forms on teeth. If plaque is not removed with thorough daily brushing and cleaning between teeth, gums become irritated and inflamed.

The irritated gum tissue can separate from the teeth and form spaces called pockets. Bacteria move into the pockets, where they continue to promote irritation. Left untreated, the process can continue until the bone and other tooth-supporting tissues are destroyed.

The early stage of periodontal disease is called gingivitis. It often results in gums that are red and swollen and may bleed easily. The good news is that this early stage is usually reversible. Sometimes, all it takes are more regular professional cleanings and better home care.

Warning Signs:

People may not even be aware they have gum disease because often there is no pain. There are warning signs, however. Anyone who experiences any of the following should consult with their dentist:

- Gums that bleed during brushing;
- Red, swollen or tender gums;
- Gums that have pulled away from the teeth;
- Persistent bad breath;
- Pus between the teeth and gums;
- Loose or separating teeth;
- A change in the way your teeth fit together when you bite;
- A change in the fit of partial dentures.

Prevention:

Regular checkups are important. During examinations, gums are evaluated for periodontal disease. The dentist looks at many things, including the color and firmness of the gums.

An instrument called the periodontal probe is used to gently measure the space between the teeth and gums. This determines whether periodontal pockets are present.

The normal space between teeth and healthy gums should be three millimeters or less. Generally, the more advanced the gum disease, the greater the pocket size.

Except in unusual cases, people can help prevent gum disease by brushing twice a day and cleaning between teeth with floss once a day.

Commander's Action Line

The Action Line is one way for me to keep my finger on the pulse of the Rhein-Main community and is used as an avenue for communication.

The main objective of the Commander's Action Line is finding solutions to problems or providing explanations for processes.

If you experience problems at Rhein-Main, you should always try to resolve problems at the lowest level by contacting the unit or agency managers. In almost every case, your chain of command is the best solution. I strongly encourage everyone to use that route first. When normal channels haven't been able to resolve your issues, feel free to send an e-mail to Hotline@rheinmain.af.mil or call 330-7779. Please include your name and contact information along with your concern.

Action Lines are forwarded to the appropriate agency for action and response. They should contact you within 24 hours. Once an Action Line is started, the agency must provide a complete answer to me within 10 days.

The 469th Air Base Group Public Affairs Office is responsible for managing the Action Line program on my behalf.

If you have any questions, call the 469th ABG/PA office at 330-7804 or e-mail at Hotline@rheinmain.af.mil.

Col. Bradley Denison
Commander, 469th Air Base Group

330-7779

Choose products that display the American Dental Association Seal of Acceptance, this assures they meet the ADA's criteria for safety and effectiveness.

Healthy measures, such as eating a balanced diet and avoiding tobacco use are also important in preventing periodontal disease.

the **Gateway**

Editorial Staff

Col. Bradley Denison.....Commander
2nd Lt Uriah Orland.....Chief, Public Affairs
Senior Airman Andrew Rouleau.....Editor
Monika Salfelder.....Public affairs specialist

This funded Air Force newspaper is an authorized publication for members of the U.S. military service overseas. Contents of *the Gateway* are not necessarily official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force.

The editorial content is edited, prepared and provided by the public affairs office, Rhein-Main AB, Germany. Printing service is provided by ABC Druck, Liederbach. People may submit articles for publication to the public affairs office, Bldg. 347, Room 139, or email them to pa@rheinmain.af.mil. Submission

by deadline does not guarantee publication, however, all articles will be considered. The staff may be reached by calling 330-7804. All photos are property of the U.S. Air Force unless otherwise noted.

The deadline for the Sept. 12 edition of the Gateway is 4 p.m., Sept. 4.

No LES's after January

PIN numbers for myPay will be mandatory for all USAFE airmen

By Master Sgt. Trina Douglas
Base finance office

Beginning in January, hardcopy leave and earnings statements will no longer be delivered by mail to military members assigned to U. S. Air Forces in Europe.

According to the USAFE commander, it's mandatory for all military members in USAFE to have myPay personal identification numbers by October 1.

Civilians and military retirees are encouraged to use

myPay; however, they may opt to continue receiving their hardcopy LESs.

The myPay system enables members to have easy, secure access to pay accounts without waiting in line or waiting on the phone. The myPay system, maintained by the Defense Finance and Accounting Service, is the future for electronic access to pay information.

Users are protected by secure sockets layer technology with their social security number and PIN to safeguard information

from unauthorized access. By using myPay, members and civilian employees can save the armed services and the American taxpayer millions of dollars in printing, postage, and customer service costs.

The myPay system offers many features, including the following: View, print, and save the current LES, as well as up to two prior LESs; enroll and make changes to TSP accounts (during open season); access W-2 Forms for the previous five years; turn off hardcopy LESs from being mailed; manage allotments; change direct deposit information; update federal and state withholdings and change addresses.

A future system enhancement will allow individuals to start, stop or change allotments and bonds.

The myPay system helps find information and complete any available transaction, providing clear confirmation messages. As for availability, the system is open 24 hours a day, seven days a week (except during occasional maintenance activities).

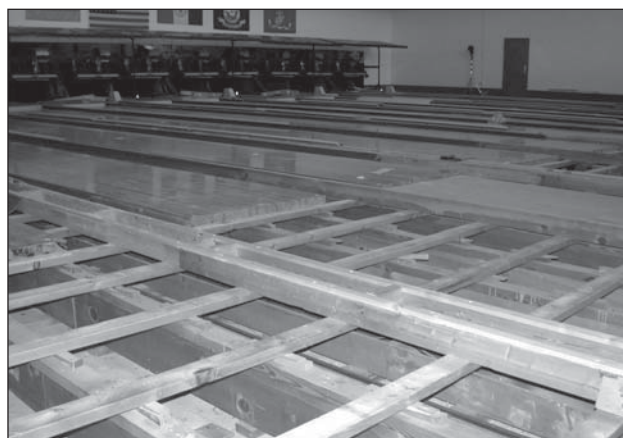
Members can request their my Pay PIN with one of two options: The myPay website or at the Finance Office Customer Service section. These options are described below.

1) Visit the myPay website at <https://mypay.dfas.mil>, and choose the "new pin" option located at the bottom left. There will be a prompt to put in a SSN. The new PIN will be mailed to the current pay address and will take approximately 10 business days; a temporary PIN can be e-mailed to an e-mail addresses with a .gov or .mil extension.

2) Drop by the 469 ABG/FM Customer Service Office in Bldg. 347 to receive a temporary PIN. Log on to <https://mypay.dfas.mil> after 24 hours (the time required to activate the PIN), and change the PIN to your permanent PIN. The PIN will not be issued to spouses or family members.

Look for more information about myPay to be broadcast over American Forces Network radio and television.

For additional information, send an e-mail to 469abg/fm.militarypay@rheinmain.af.mil or call 330-7406.



Photos by Senior Airman Andrew Rouleau

Changing lanes

Left, the lanes at the Rocket Bowling Center are torn up for resurfacing. Right, the resurfaced lanes are ready for play. The bowling center, which was closed for a month, reopened this week. The new, synthetic surface protects the ball better and is a more consistent playing surface. This is the first time the lanes have been resurfaced since 1975.

FUTURE, from Page 1

airmen and things that we can do for them," the general continued. "There's nobody who knows what's going on in the enlisted force, at least in my view, better than Gary Coleman."

And it's this combined insight that will provide the basis for USAFE's vision and priorities in the future.

"We're the world's most respected, all-purpose Expeditionary Air and Space Force," said Coleman. "Simply put, our vision is to be leaning forward and blazing the trail in our Air Force; ensuring that we're not only the most respected, but also the most feared Air Force in the world."

"We've proven ourselves throughout the decades, and most recently in Operation Iraqi Freedom ...," Coleman continued. "Clearly our charter is to expand upon it; to lead the way in the greatest Air Force in the history of mankind. Our mission in a nutshell is very simple. Be ready to fight, be postured to respond and provide services to our world-class people."

And it's a mission that's not changing, only being built upon in the command, said Foglesong.

"Since I've been here at Ramstein, I've had the chance to assess how USAFE is performing its mission. I think our command is cooking on all eight cylinders," Foglesong said. "It's incredible the programs that have been established over

here to take care of our people.

"I recently returned from an eight-day visit in Iraq and Afghanistan," the general continued. "Everywhere I went, I found USAFE personnel doing extraordinary work in this great all-purpose Expeditionary Air Force of ours. I'm convinced our goal is going to be to continue moving the ball down the field."

"We're walking in the shadows of some really great airmen who have done exceptional work leading the command for a number of years," he said. "Generals (Michael E.) Ryan, (John P.) Jumper and (Gregory S.) Martin — those are incredible footsteps for me to follow, so I couldn't be more pleased with what I've seen here."

But providing services efficiently, and offering programs for people to grow — spiritually, mentally, and physically — can always be improved upon, said the two leaders.

"While we think USAFE already has a strong advanced education program for our airmen, we're going to put some increased emphasis on it," Foglesong said. "You'll read more about something we call 'Combat Education,' an umbrella program to make enrolling in continuing college education as user friendly as we can make it across the command."

This is only one of many special interest items the two leaders plan to focus on within USAFE.

"I think if you look at this from a macro

perspective, what we're attempting to do is touch people completely," Coleman said. "There will be emphasis placed on uplifting the spiritual well being of our members. In addition, we will also focus on fitness and preparing physically to carry out our mission, which just happens to dovetail with the Chief of Staff's position."

"In fact, you'll hear us refer to 'Combat Programs' a lot," said the general. "Don't be surprised if you hear about a program called 'Combat Flightline' which places emphasis on paying attention to the detail and appearance of the flightline as well as the functional areas on the ramp, sortie generation and how long planes are left in 'cann' status."

Two other projects in the works are "Project Wizard," which has to do with putting focus and attention on resources for command libraries; and "Hidden Heroes," which will recognize people who voluntarily organize and contribute to help better the lives of others.

"If you were to remove yourself and look at these programs in total, you'll see that we're touching virtually every facet of our team," Foglesong said. "And as you peel these programs back, you'll see the basis for them is rock solid. So, while we need to be ready to fight and be postured to respond, we also need to provide these services to our people, and we're here to provide the resources to make it happen."

BACK, from Page 1

in the counter-drug war in South/Central America. As the Twelfth Air Force Command Chief I traveled throughout that area of responsibility assuring the health, welfare, and morale of our men and women was the best we could offer. Gen. Foglesong set the standard there and has made the same commitment to our forces here in Europe.

Our great Air Force is as busy today as it has ever been. As we continue to transform to meet the evolving threats of the world today, we will look for opportunities to improve your quality of life and that of your families. You can expect

to hear very soon about some initiatives designed to stimulate your mind, body, and spirit. Our goal is to make your life easier and to help you take care of your family by improving services. You have my word that you will not find a more committed team than the one you have serving you today.

If there is ever anything we can do to make the quality of life for our forces better, please let us know. No guarantees, but ... There will be a USAFE Command Chief Master Sergeant website accessible from the HQ USAFE homepage available soon, feel free to drop me a line. Again, I'm delighted to serve with Gen. Foglesong and as "your" Command Chief. You'll be hearing from us soon!

Metallic name tag mandatory January 1

Personnel officials announced in a recent message to the field that the new metallic name tag will be mandatory on the service dress uniform and pullover sweaters Jan. 1. The items, which have been available for purchase since No-



vember, will be issued to enlisted airmen by their organizations, according to the message. Officers must purchase their own name tags. Rhein-Main has received their name tags for enlisted personnel. They will be distributed soon.

Warriors of the Week



Staff Sgt. April Simmons

Unit: 469th ABG

Time in Service: 8 1/2 years

Duty Title: Independent duty medical technician

Hometown: Terre Haute, Ind.

Hobbies: Softball, bowling and swimming

What has been your best experience in the Air Force?

Working as an emergency room medical technician



Staff Sgt. Sean Biscornet

Unit: 469th ABG

Time in Service: 9 years

Duty Title: NCOIC, clinical engineering

Hometown: Redondo Beach, Calif.

Hobbies: Washing his truck, football, playing with his kids

What has been your best experience in the Air Force?

Being a urine analysis monitor

R-M CDC looking for care providers

CDC forced to close infant room due to shortage of caregivers

By 2nd Lt. Uriah Orland
Public Affairs

Beginning Sept. 5 the infant room at the Rhein-Main Child Development Center will be closed. Currently there is not a projected date for reopening the room. The closure is due to a lack of childcare providers.

The CDC currently operates five rooms, caring for 37 children ranging in age from 6 weeks to 5 years old.

Each room is set up in age groups with the youngest room requiring one caregiver per four children and the oldest room requiring a ratio of one caregiver per 12 children.

Over the last year the CDC has lost a number of childcare providers due to permanent change of station moves and early return of dependents when spouses are deployed. Unfortunately it has not been able to replace the staff members that have moved.

A number of recruitment incentives have been offered including increased salaries (pay range of \$9.20 - \$14.60 an hour), attendance

cash awards, cash awards for completing training modules, and paid college tuition for classes in child development or a related field. However, a number of vacancies remain.

The lack of providers is not isolated to Rhein-Main.

"I maintain contact with area child care programs," said Karleen Williams, family member programs flight chief. "They are experiencing the same problems with maintaining staff in their programs to meet the demand for childcare."

The CDC is continuing to add children to the waiting list but is not adding more children to the program.

"We are concentrating on caring for children currently in our care," Williams said. "As children have birthday's they will move to the next room that cares for their age group. This will allow us to shut down rooms and efficiently use our staff to care for the children."

Over the next few months the CDC will be losing additional childcare providers.

There are few applications being submitted to the services flight human resources office, Williams explained. This limits the number of employees the CDC can hire.

In order to maintain the five rooms that are currently open the CDC director, training and curriculum specialist, family member programs flight chief and CDC clerks have augmented classrooms. Williams described it as a temporary Band-Aid.

"The CDC Director and I will be PSCing in October," she said. "The positions will be filled, but replacements may not be in place by our departure dates."

A minimum of five new staff members are required before the CDC will have a complete staff and be able to open all rooms in a single ratio. Care is given 11 hours per day, requiring a minimum of two staff members for each ratio of children.

The CDC is currently looking for employees that would like to work with children. For information on CDC employment contact the human resources office at 330-6066.

Rhein-Main blotter

compiled by Staff Sgt. Patrick Gaudet



Aug. 4 — A security forces patrol radioed the security forces control center relaying that a private who was transiting the base had fallen and struck her head in the road adjacent to Bldg. 343. The private was acting in an irate and belligerent manner and was displaying signs of being intoxicated. Upon receiving treatment for her wounds the private was transported to the SFCC and administered a blood alcohol content test. The results showed the private had a BAC of .14. The private was processed accordingly and later released to a soldier in her chain of command.

Aug. 5 — An individual made contact with the SFCC relaying he smelled the odor of what he believed to be marijuana emitting from Bldg. 343. Security forces patrols, as well

as a military working dog team, were dispatched to the scene. Upon arrival, the MWD team conducted a sweep of the dormitory and positively detected the odor of a controlled substance. The occupants of the room consented to a dorm search. Security forces patrols conducted the search, which resulted in negative results.

Aug. 8 — A specialist transiting the base telephoned the SFCC relaying he had been assaulted by a non-commissioned officer at the Rocket Sports Lounge. The on-duty controller obtained a description of the individual and dispatched patrols to the Rocket. Upon arrival, patrols made contact with two individuals, apprehended and transported them to the SFCC for further processing. The incident was determined to be a mutual occurrence. Both parties involved were

charged with assault and later released to their first sergeant.

Aug. 22 — A civilian employee of the Army and Air Force Exchange Service telephoned the SFCC relaying he had detained an individual for shoplifting a video game. A patrol arrived and took custody of the dependent son of an officer assigned to a tenant unit. The individual was transported to the SFCC for further processing and later released to his sponsor.

Sunday — Darmstadt Military Police telephoned the SFCC relaying an airman assigned to the 469th Air Base Group had been apprehended by polizei for driving while under the influence of alcohol. Patrols responded and took custody of the airman and transported him to the SFCC for further processing. The airman was later released to his first sergeant.

Officials release fitness test details

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON — Beginning next year, Air Force officials will implement a new fitness test completely different than what airmen today are familiar with.

The more functional test will include a 1.5-mile timed run, a muscular-fitness test of push-ups and crunches and a body composition test. It is designed to measure the general health of airmen, said Maj. Lisa Schmidt, chief of health promotions operations at the Air Force surgeon general's office.

"The goal is to have a healthy, fit force that can deploy at any time," Schmidt said. "Our goal is to prevent the onset of diseases such as heart attacks, stroke, high blood pressure and high cholesterol. Healthy members are more heat-, stress- and fatigue-tolerant, and less prone to illness and injury."

To measure airmen's overall fitness, Schmidt's office and a panel of health and fitness experts developed a three-component measurement system that looks at aerobic

By the numbers ...

An airman's performance in each of the three component areas will earn points.

They can earn a maximum of 50 points on the aerobic portion of the test, 30 points on the body composition portion and 20 on the muscular fitness portion.

The total number of points earned on the fitness test will put the airman into one of four categories:

- 90 or greater is excellent
- 75 to 89.9 is good
- 70 to 74.9 is marginal
- less than 70 is poor

fitness, body composition and muscular fitness, she said.

"Scores based on health provide an opportunity for earlier intervention," Schmidt said. "If somebody scores in the marginal or poor category, we know they are at higher risk for disease. Therefore, we intervene with education and more frequent testing to monitor their progress."

People scoring marginal on the test will

attend a two-hour healthy-living workshop that focuses on life-style behavior, time management and fitness education, Schmidt said.

Intervention for people scoring in the poor category involves the healthy-living workshop, an individualized exercise program and a weight-loss program for those who exceed body fat standards. It also involves mandatory exercise five days a week, she said.

The test for body composition is still being finalized, but it will measure how much body fat a person has, Schmidt said.

Tests for other components of the fitness standard have already been determined. A 1.5-mile run will determine aerobic fitness. Airmen who are not medically cleared to run will take the cycle-ergometry test. Muscular fitness will be determined by both push-ups and crunches, which will be similar to those done in conjunction with the cycle-ergometry test.

People scoring "good" or "excellent" will retest after a year, while those scoring "marginal" will retest after six-months.

Airmen scoring "poor" will retest after 90 days.

The heat is on

Dry and hot conditions have prompted a fire caution in local area

By Doug Bankston
Fire Department

The unseasonably high and persistent dry conditions have led the Hessen Minister of Forestry to issue an official fire caution to protect both citizens and the environment. The entire State of Hessen remains in Alarmstufe 2 (Level 2), which means a very high potential for forest fires.

The caution warns the general population to refrain from blocking entryways to woods, from parking vehicles with catalytic converters in or near tall grass and to park vehicles only on marked parking spots. Dry conditions may lead to the closure of public picnic areas and wooded areas.

German police helicopters are currently monitoring wooded areas more frequently to aid in the identification and prevention of potential hazards.

The chief of forestry in Frankfurt advises that barbecuing is still allowed but to exercise caution when handling charcoal, propane grills or any open flame.

A recent fire in the woods adjacent to Gateway Gardens Housing burned approximately 300 x 150 meters (900' x 450'). The cause is believed to be careless disposal of smoking material. Particular caution should be given to proper disposal of coals after they have burned to ash.

The chief also advises that if the weather continues under these extremely dry and hot conditions, this policy will certainly change and restrictions will be implemented and enforced.

How does this affect Rhein-Main and Gateway Gardens residents?

The local community acts as stewards of the environment and must be responsive both on and off base. The grounds inside the gates are equally as dry as those outside. Community members must follow the cautions issued by the Minister of Forestry as stated and report any incidents, should they occur.

People should immediately call the appropriate fire emergency number 112 (911 on base) if they discover a fire or any other dangerous situation that could lead to a fire.

What can people do to prevent fires?

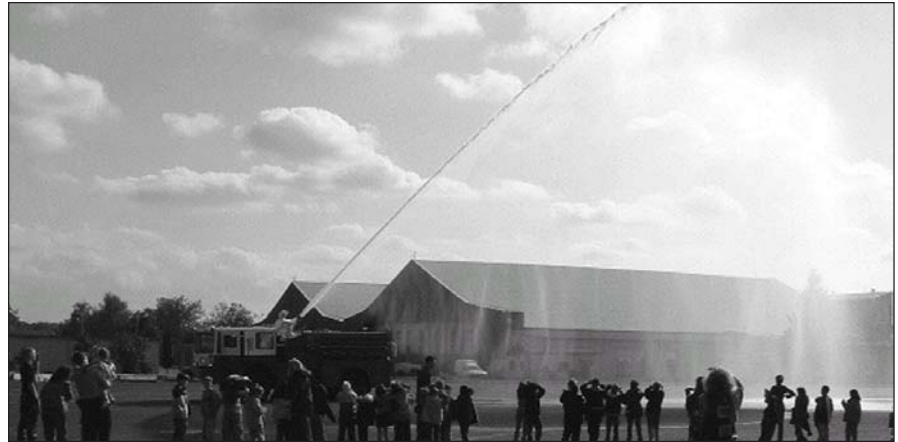


Photo by Doug Bankston

Members of the Rhein-Main Fire Department conduct training. Fire department personnel recently added water fire extinguishers to all gazebos in Gateway Gardens as an added precaution to the recent combination of hot, dry weather. The local area is currently under caution because of a high potential for fires.

1) Exercise good common sense and plan ahead on all outdoor activities.

2) Place a garden hose in easy reach when dealing with any open flame.

3) Maintain 15 feet of clearance from all structures when positioning a grill for use.

4) Never leave a grill unattended.

5) Plan sufficient time after grilling to ensure the grill has cooled before storing it.

6) Pick up and dispose of broken glass and cigarette butts properly.

This is more than preventing litter—it is a violation of German law to smoke or discard glass in the woods from March to October as the glass can act as a magnifying glass for the sun in starting a fire.

In conjunction with this fire caution, the Rhein-Main Fire Department is currently conducting an inspection of Gateway Gardens housing. Thus far, the overall assessment is favorable, however, three key items have been noted that require direct action by residents to better ensure their safety.

1) Appropriately store flammable materials (i.e. charcoal and lighter fluid) in designated storage locations.

For “star” housing units, the small storage closet leading to the rear entry is designated for such storage as well as the storage cabinets located under the breezeways.

For “straight” units, a concrete flammable storage locker is located outside,

adjacent to the rear basement entry doors.

2) People are storing combustible materials in inappropriate places under and within stairwells in housing buildings.

3) Only use exterior rated extension cords to provide temporary power outside for small electrical devices (i.e. stereos). All electronic devices should be unplugged and the extension cord removed after each use. Extension cords should never be used outside during times of rain or other wet conditions.

For an additional measure of outdoor fire safety, new, additional fire extinguishers were recently mounted in all gazebos.

Therefore, Gateway Gardens residents should not take the fire extinguishers from the housing units for use elsewhere.

Rest assured the fire department has provided a sufficient number of fire extinguishers to provide proper hazard coverage for residents.

Should anyone have questions pertaining to fire prevention, safety or this current caution, the Fire Alarm Control Center can be reached 24 hours a day at 330-7117 to respond to anyone's needs and arrange for a fire inspection visit as warranted.

Let's continue to be watchful and safety minded as we continue with our the summer season.

Above and beyond

Two young airmen are recognized for their achievements

By Senior Airman Andrew Rouleau
Public Affairs

Completing the mission is the number one goal of all airmen in the Air Force, however many airmen put forth extra effort in order to be their best. Two such airmen here, Debbie Zannoni and Steven Albert, have been doing just that and both have been recognized for their achievements.

Zannoni, who works at the Gateway Inn, has set up lodging for over 650 Operation Enduring Freedom aircrews, dealt with significant increases in traffic going through billeting and she has done it all with a smile on her face and an outstanding attitude.

As a result, Zannoni has received numerous awards including Rhein-Main Air-

man of the Quarter, Kaiserslautern Military Community Airman of the Quarter, 86th Airlift Wing Airman of the Quarter, an Inkeeper Traveler Award and a Chief Sharp award. Zannoni goes to New York in November to compete for an Air Force wide Traveler Award.

While Zannoni said she is honored to have received all of the awards, she was not necessarily looking to win them.

"These weren't necessarily goals," she said. "I just wanted to do the best job I could for the customers here."

Zannoni has also benefited from good advice.

"My supervisor, Tech. Sgt. Jesse Starks, wants me to succeed in the military," Zannoni said. "He encourages me to reach my full potential as an airman, and he has given me a lot of advice based on his past experiences. That way, I can take what he has learned and use it to help me in my job."

Even when Zannoni is having horrible day, she is able to stay positive and offer the best service she can because she appreciates her customers and knows they are working their hardest.

"Everyone who comes through here is putting a lot on the line," Zannoni said. I want to do my best for them because they do the best for us. That is all the motivation I need."

Another airman who has been recognized is Steven Albert, of the security forces flight, who recently won the U.S. Air Forces in Europe USO award. He will be representing USAFE at the USO Services Salute in October.

Albert has volunteered for many different organizations on base including being an assistant Scout Master with the Boy Scouts, doing work for the Red Cross, helping out at the base library and working at the USO terminal here.

"I have always been a busy, outgoing

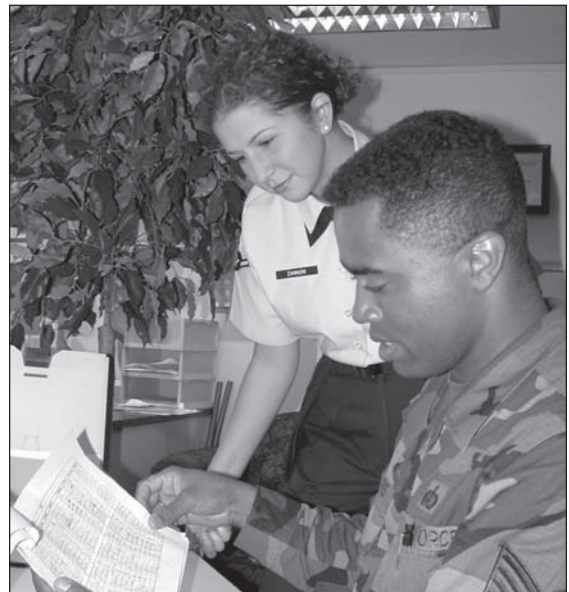


Photo by Senior Airman Andrew Rouleau

Airman Debbie Zannoni and Tech. Sgt. Jesse Starks look over some paperwork. Zannoni has received numerous awards for her outstanding work ethic and attitude.

person," Albert said.

"So when I got to Rhein-Main I started to look for volunteer opportunities. My supervisor, Staff. Sgt. Lisa Williams told me about opportunities on base and I went around to see where I could help out," he added.

Albert said that volunteering may help him achieve a goal of his. "A goal of mine is to get senior airman below the zone. I know that my volunteer work can only help me in that matter."

But when it comes down to it, it's not enlisted performance report bullets that Albert is after, it's the self gratification he gets from it.

"I enjoy meeting people and finding out where there from," Albert said. "Doing volunteer work is a great way to do that."

One of the biggest reasons Albert said he volunteers is complacency.

"I hate sitting around the dorms," he said. "I enjoy getting out and being active. People don't realize how many opportunities exist here. They are in front of everybody. People just need to take advantage of them."



Photo By Senior Airman Andrew Rouleau

Airman Steven Albert of the security forces guards the flightline. Albert was recently recognized by the USO for his volunteer work.



Photos by 2nd Lt. Uriah Orland

Football fever

Left, Derrick Peters, receiver for the 469th ABG football team out-jumps Chris Frederick, fire department defender, for a crucial reception. Above, Ron Coleman (left) and Drew Rouleau (right) battle for position to catch the ball. The 469th ABG beat the fire department 26-19 Tuesday in an intramural football semifinal game, avenging their only loss of the regular season, and advancing them to the finals. The 62nd team beat security forces 22-6 in the other semifinal game. The 469th and 62nd faced off for the championship on Thursday after print time. Check the next issue of the Gateway for results.

Sports shorts

Youth sports

Rhein-Main Youth Center holds registrations for youth soccer and flag football through Sunday. Soccer is open to all youth ages five to 15 and flag football is open to ages 10 to 12.

For more information or to sign up contact Rayenna Hernandez.

Basketball tryouts

Team tryouts for the Rhein-Main men's and women's varsity basketball squads are set for September 22.

Call 330-7151 or 330-6062 for more details.

Leading the field

Dave Gallagher of the 469th Air Base Group turns the corner during a recent U.S. Forces Europe Mountain Bike Championship race. Gallagher leads the military senior category with 81 points. The closest racer in his category is 32 points behind.



Photo by Sara Guth

Crime Test

Circle or underline the correct answer to the following 15 questions.

1. Over half of all burglars enter a home through:
 - A) a first floor window
 - B) a second floor window
 - C) the front door
 - D) the back door
2. When driving in slow traffic you should stay in the:
 - A) center lane
 - B) curb lane
3. How often do household burglaries involve violence?
 - A) 1 in 10
 - B) 1 in 25
 - C) 1 in 50
 - D) 1 in 100
4. To deter car thieves you should have your car's front end facing the roadway.
 - A) True
 - B) False
5. Domestic violence is the third leading single cause of injury to women.
 - A) True
 - B) False
6. Burglars are _____ times more likely to strike houses without a security system as those with them.
 - A) 2
 - B) 3
 - C) 4
 - D) 5
7. In less than 5 percent of stolen car cases, the owners have left the keys in the ignition.
 - A) True
 - B) False
8. Which of the following puts your home in a high-risk category for burglary?
 - A) You live in an upper-class neighborhood
 - B) You have several second story windows at the back of your home.
 - C) Your home is in the country with few other homes nearby.
 - D) You have recently moved into your home.
9. If you are attacked on the street, many crime-prevention experts recommend you yell out:
 - A) "Fire"
 - B) "Help"
 - C) "Police"
 - D) "Rape"
10. The fastest growing crime in the country today is:
 - A) Home burglary
 - B) Rape
 - C) Murder
 - D) Car Jacking
11. If you use defensive steps during an armed robbery your chances of stopping the robber from taking your property:
 - A) Increases
 - B) Decreases
 - C) Remains the same
12. Cars with alarm systems are stolen about as frequently as those without them.
 - A) True
 - B) False
13. In 90 percent of burglaries which of the following is untouched:
 - A) the Kitchen
 - B) the Living Room
 - C) the Bedrooms
 - D) the Dining Room
14. The riskiest month for violent crimes is:
 - A) March
 - B) June
 - C) December
 - D) August
15. Violence is as or more likely to befall you in broad daylight as it is under cover of darkness, with one exception:
 - A) Burglary
 - B) Rape
 - C) Armed Robbery
 - D) Car Jacking



Take the 469th Air Base Group safety challenge!

In an effort to increase safety awareness at Rhein-Main the safety office created the safety challenge. The challenge runs once a month in *the Gateway*. The first member of Team Rhein-Main to correctly complete the Crime test and return it during normal duty hours to a member of the 469th ABG safety office, room 132, Bldg. 347, will win a random prize. The answers and the name of the winner will be published in the Sept. 12 newspaper.

Playing it safe this Labor Day Weekend

The following briefs describe four mishap-prevention responsibilities that drivers should assume when traveling crowded autobahns and roadways this Labor Day Weekend.

Obedience to all traffic laws and regulations: What would you do with the few minutes or seconds you might save by exceeding posted speed limits or cheating on traffic signs or signals? Could you afford the lost time spent in a traffic court or hospital because of an arrest or mishap?

Sobriety in driving: Frequently drivers in a festive mood will turn to alcohol in their pursuit of a good time. This is unfortunate because many do

not realize the danger of driving after drinking. It's only common sense to know that a sober person is a better driver.

Courteous driving: Aggressive drivers often fail to give others their share of the road, and will not yield the right-of-way. Courteous, cautious driving is the badge of a mature and responsible driver.

Practice defensive driving: Drivers who are seriously interested in protecting themselves and their passengers will always drive defensively.

(Courtesy of 86th Airlift Wing Safety Office)

Give Parents A Break

The next Give Parents A Break takes place Aug. 30 from 9 a.m. - noon at the child development center.

The program is designed to provide help for families with young children. It is open to children six weeks - five years old (not yet in kindergarten).

Referrals are made through the commander, first sergeant, chapel, clinic, family advocacy, family support center or child development center.

Availability is on a first come/first served basis. Contact the CDC at 330-7017 or the FSC at 330-7992 for more information.

Worship Schedule

Beginning Sept. 7, Catholic Mass will take place at the base chapel every Sunday at 9 a.m., with general Protestant Worship at 10:30 a.m.

Call the chapel at 330-7501 for more information.

Religious Education

Religious education classes begin Sept. 27 at the base chapel. Protestant Sunday School will take place at 9 a.m. Catholic Religious Formation Classes will be at 10:30 a.m., with classroom locations announced at 10 a.m. in Fellowship Hall.

Stop by the chapel to pick up a registration form or call Barbara or Carole for more information.

Club Buchschlag

The German-American Club Buchschlag holds a meeting at the "Haus Falltorweg" Sept. 2 at 7 p.m.

Come and join friends from Rhein-Main Air Base and residents from the Dreieich area. Come and exchange interests, different customs and cultures. Meet new people and make new friends.

Shuttle service is available to and from Rhein-Main. The club meets on the first Tuesday of every month from 7 to 10 p.m.

No contributions are required.

For more information contact Hans-Peter Munz.

Ice Cream Social

Cub Scout Pack 61 holds a registration

ice cream social Sept. 9 from 6:30 to 8 p.m. at Halvorsen-Tunner School in Gateway Gardens.

Anyone who likes playing sports, racing model cars, telling stories and discovering new things should come and see what the Cub Scouts have to offer.

For more information call Master Sgt. Daniel Faust.

CAIB Meeting

The Community Action Information Board holds a meeting in the conference room of Bldg. 347 at 2:30 p.m. Sept. 9.

Email or call any issues to Wanda Pohlman or Judith Maughan at the family support center.

Money Management

An Effective Money Management course takes place Sept. 10 from 10:30 a.m. to noon at the family support center classroom.

Get the tools needed to identify and reduce excessive debt, pay off creditors, avoid bankruptcy, and make money work.

Stop by the FSC or call 330/699-7992 for more information.

AFSA Meeting

The Rhein-Main chapter of the Air Force Sergeants Association meets the second Thursday of every month at 7:30 a.m. at the Zeppelinhaus.

The next meeting takes place Sept. 11.

For more information, call Tech Sgt. George Tamayo.

Volksmarch

A back to school volksmarch takes place Sept. 13 at 10 a.m. at Our House. Food will be served at 11:30 a.m., with family lawn games beginning at 12:30 p.m.

Volunteers are needed. Call 330-7992 for more information.

Newcomer's Briefing

A newcomer's briefing takes place Sept. 16 from 7:30 a.m. to 4:30 p.m. in the Zeppelinhaus.

Find out about working on Rhein-Main and living in Germany. There will be great speakers from many base agencies. Seating is limited. Childcare reimbursement is

Movies Rhein-Main

Tonight - "Hollywood Homicide," (PG-13), 7 p.m.

Saturday - "Rugrats Go Wild," (PG), 5 p.m., and "Lara Croft Tomb Raider: The Cradle Of Life," (PG-13), 7:30 p.m.

Sunday - "Wrong Turn," (R), 7 p.m.

Wednesday - "Open Range," (R), 7 p.m.

Sept. 5 - "Gigli," (R), 7 p.m.

Sept. 6 - "From Justin To Kelly," (PG), 5 p.m., and "The Hulk," (PG-13), 7:30 p.m.

Sept. 7 - "Alex And Emma," (PG-13), 7 p.m.

Sept. 10 - "Marci X," (R), 7 p.m.

Movies and times are subject to change.

Movie schedules for local communities can be found at
www.aafes.com/ems/default.asp

Want Ads

Looking for a person who does PCS cleaning. Call Liz at 0170-2733-0727.

available.

For more information call the FSC at 330/699-7992.

Walking Tour

The next Frankfurt Walking Tour takes place Sept. 18 at 7:45 a.m. Participants should meet in the shoppette parking lot. Learn about public transportation, the city and more. Call the FSC at 330/699-7992 for more information or to sign up.

Dachau Trip

A trip to the Dachau Concentration Camp, the first concentration camp in Germany, takes place Oct. 4.

Participants will meet in front of the shoppette at 6 a.m. Transportation will be provided through the Air Force Sergeants Association. Participants will be responsible for all other expenses.

For more information contact Airman 1st Class Tariq Sabir, Airman 1st Class Jessica Jones or Airman Shanean Avalos.

Schwanheim: A town of many tastes

Local town offers a variety of ethnic restaurants for diners to choose from

Story and photo by
2nd Lt. Uriah Orland
Public Affairs

Although it is so close to Rhein-Main many people do not take advantage of Schwanheim and what it has to offer. The shopping area is not very extensive, only one main street with a few shops on the side streets. However, the dining possibilities are great.

Most of the restaurants are at the far end of the main road through the city or Alt Schwanheim. The restaurants are listed in order as you drive down Alt Schwanheim.

Dessert is always a good place to start and is the first stop. "Riviera Eiscafe", on the left, is a great place to get good, Italian style ice cream.

For oriental specialties you can choose between the "Jade Chinese" restaurant, on the left, or "Kemfong" Thai restaurant on the right. More traditional places include an Italian pizzeria on the left, "Pizzeria Gennargentu," followed by Bierstubb or beer pub at the end Alt Schwanheim. Between the pizzeria and Bierstubb is one of the most well known restaurants in the



A group of people enjoy some dessert at the Riviera Eiscafe in Schwanheim. Schwanheim, only a few minutes from Gateway Gardens, offers a variety of restaurants.

Frankfurt area, the "Frankfurter Hof—Seppche".

Its quality German meals are well known and even recommended by the

mayor of Frankfurt.

No matter what your flavor you're bound to find it right around the corner in Schwanheim.

Our German Friends...

In each edition of *the Gateway*, the public affairs staff answers questions from the Rhein-Main community concerning the German culture. If you have a question, send an e-mail to pa@rheinmain.af.mil or call 330-7805. For this edition:

Q: I heard on the radio recently that the last Volkswagen Beetle rolled off the assembly line. Is this true?

A: You're right. The last Beetle left the production line at Volkswagen de Mexico in Puebla on July 30. The workforce gave a festive farewell, complete with flowers and mariachi music, to the 21,529,464th car built.

The last of the bestselling model will soon be on display in the Automuseum in Wolfsburg, Germany.

In the mid 1930s, Adolf Hitler ordered car maker Ferdinand Porsche to create a car "for the people." As Porsche began constructing prototypes of the car, he had

some strict guidelines to follow. Hitler demanded that the car would meet the following standards:

- maximum weight of 650 kg (1,430 lbs.)
- cruising speed of 100 km/h (62 mph)
- air-cooled engine with 26 hp
- fuel consumption 7 liters per 100 km (1.82 gallons per 62 miles)
- cheap price

The first Volkswagen car was presented in 1938. It met all the criteria and even had the engine placed in the rear of the car.

But, it was the distinct round shape that gave it a nickname that would stick. An American reporter thought it looked like an insect, and thus the "Beetle" was born.

The Beetle has been produced in more than 20 countries and more than 16.2 million were built in Germany, where production ceased in 1978.

In Mexico, production continued uninterrupted for 39 years, nearly 1.7 million were made.